Eric Butterworth Speaks

Essay #25
HEALTH AND THE WHOLE PERSON

The principle of wholeness is articulated in this concept: "Wherever Spirit is at all, the whole of Spirit must be. And because God or Spirit is omnipresent, the whole of Spirit (Holy Spirit) must be present in its entirety at every point in space at the same time." This means that the whole of Infinite Life is in you, and in focus as you, always and in all ways.

The belief is common that sickness is just a quirk of bad luck, or the result of the capricious will of God. So, the average person may hope for recovery--he can't help himself in that--but he will not really expect help other than through medical science. Thus, he will make no attempt to be other than what he beleives himself to be, and sadly sickness is part of what he believes himself to be.

We need once and for all to disabuse ourselves of the belief that there is anything in God or in nature that would or could will sickness or deterioration. By what Teilhard calls "The unimpeachable wholeness of the universe," you are created in and of wholeness, and you do not walk or work alone...the whole universe walks and works with you.

In the 16th century Giordano Bruna said, "Nature is a living unity of living units, in each of which the power of the whole is present." It is a fantastic concept. It means that you are a spiritual being, and the intelligence of the Universe is ever seeking to fulfill itself in perfect life in and as you.

A tremendous shift has taken place in general medical outlook in the past thirty years. At one time the chief aim of the physician was to find a "focus of infection." Now, medical literature refers to the patient as a whole, as a process. Thus, any inner dis-ease is reflected in symptoms of disease. And there is a growing awareness that by our choice of disease, we are symbolically saying something about our inner needs. The old view of infective disease is giving way to greater emphasis on the field in which the microbe develops. The question is now asked, "What causes bacteria that are friendly to the system to suddenly become parasitic?" Now, it is felt that it may be some kind of emotional shock, or some prolonged period of grief or bitterness. The old study was based on "what makes sick people sick?" Now, the concern is "what makes well people well?" Healthy-mindedness is now stressed as the obvious key to bodily health. The healthiest people are those who have habitual attitudes that make them impervious to social situations and surroundings. The inevitable conclusion: There is no such thing as purely organic disease that is unrelated to false attitudes and emotions that caused it or a healthy attitude or emotion that can cure it.

There is a constant process of cell renewal in the body without which even the slightest nick with a razor would cause a person to bleed to death. This is the medical "vis medicatrix naturae", the healing power of nature. The beauty of it is this, a finger cell renews itself as a finger cell, and a heart cell as a heart cell. This suggests some kind of transcendent plan or pattern. To repeat, man is a unit of wholeness in a whole universe with the perfect pattern of the whole present in every part. It is the Christ in you, the pattern revealed on the mount, or the more scientific electro-dynamic body.

Though the body may be ill or racked with pain, there is an Allness within the illness. It is the reality of you, the God-self of you. No matter how limited the physical experience, the you that is more than the body is still whole. How can you be sure? For the same reason you can be sure that the acorn can become an oak tree, or the bulb can become a lily. When you catch the idea that you are a spiritual being, you will never again be satisfied with limitation. You will work by all the means at your command, and you will begin to command the means, for you will realize yourself in a new context, one with Infinite resources. Paul talks of this, "For the earnest expectation of the creation awaiteth the revealing of the sons of God." You may hope for or even expect healing, but the manisfestation awaits an a-

wakening in consciousness. Job talked of this, "I had heard of thee by the hearing of the ear, but now mine eye seeth thee." In other words, keep on until you catch on! Then will dawn the feeling, "Why, I am whole!" Not that you have arrived at the end of the search, but you know you are at the beginning. Now, you may look in a mirror and know that it is not you that you see. It is your body. And you are the master, or you can and should be.

You may begin to have more respect for the healing process, and for its need for integrity. Any evidence of anger or bitterness will be seen as a danger signal that is not to be taken lightly. You will know how important it is to "start to love quickly." This is obviously what Jesus meant when he said, "Agree with thine adversary quickly." Deal with the adversity within you. Just as you would put an antidote in your stomach if you had inadvertently swallowed a poison. Love is the finest elixir known, the very best way to evoke the reintegration of the cells of the body. There is no miracle cure known to man, either of a religious,psychic, or medical nature, that can re-establish health when there is an absense of the flow of love.

Part of the process of catching the idea is gaining the wisdom to use the body temple rightly, and not to abuse it. We need to learn to take a loose hold on life. We are sometimes told, "Get hold of yourself, get a new grip on life!" But the need is just the opposite..."LET GO!" Life has hold of you and will never let you go! Make time for relaxation and take time for stillness in meditation. You may be free from tension, stress, and strain, if, when the body exerts its tyranny, you say, "No, I am the master!"

If you are concerned with physical ills, don't pray for them. Deny them! Not that they do not exist, but that they only reveal part of the whole truth that is you. They do not tell the Truth, so you tell the Truth. Affirm your wholeness. Believe that you are a perfect idea in God-mind and that the Allness of God is ever working to establish in your body the completeness that is in the transcendent pattern. Have faith in the process. Don't reach for God in your desire for healing. God isn't to be reached. God is! Wherever God is the whole of God must be, so the whole of God is you, the very force that is expressing <u>as</u> you. It is not something to pray <u>for</u> but something to pray <u>from</u>. Begin with the realization of wholeness, and then let the light of this feeling of wholeness radiate through the body.

Spiritual healing begins with an awareness that is much like waking up. "Awake thou that sleepest and Christ shall shine upon you." Get the feeling that you are now progressively awakening from the drowsiness of human thought and experience.Open your eyes and see from the awareness of wholeness. Affirm, "I am whole, praise God I am whole."